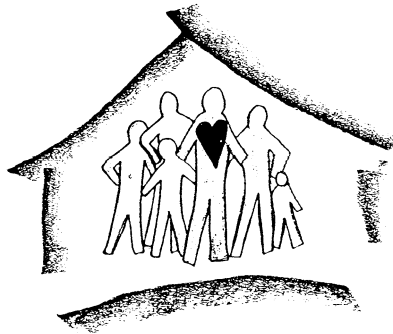


**Bedford Youth and Family Services  
Town Center  
12 Mudge Way  
Bedford, Massachusetts 01730**

# **Community Social Services Reference Guide**

Tenth Edition  
2016



This guide has been compiled to provide assistance to our staff, other municipal departments, and all Bedford residents in accessing most commonly requested local information.

Material has been gathered from a variety of not-for-profit sources and is not meant to be exhaustive or a duplication of other local directories. Information is correct as of publication date and will be updated periodically on our web page accessible from the Town of Bedford website, [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) under “resources”

Mention in this publication of any program or facility is not an endorsement by Youth and Family Services or The Town of Bedford.

# Emergency Numbers

## Hotlines and 24 Hour Resources

### Mental Health Crisis

### Dial 911 Ambulance/Fire/Police

## HOTLINES

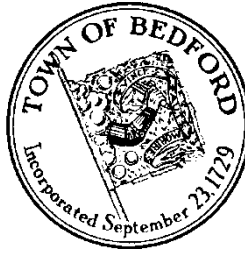
AIDS Information	1-800/235-2331
Al-Anon, Alateen	1-800/356-9996
Alcoholics Anonymous	1-617/426-9444
Cancer Information Services	1-800/422-6237
Casa Myrna Vasquez (Safelink)(domestic violence)	1-877/785-2020
Child Abuse Hotline	1-800/422-4453
Crisis Hotline (Emergency Assessment & advocacy)	1-800/540-5806
Community Hot Line for Domestic Abuse (REACH)	1-800/899-4000
Eating Disorders Association	1-617/558-1881
Elder Abuse Hotline (after hours MA)	1-800/922-2275
Elder Crisis Line (national)	1-800/971-0016
Food Stamps/Food Source Hotline	1-800/645-8333
Lead Poisoning	1-800/532-9571
MA Dept. of Children & Families (after hours)	1-800/792-5200
Planned Parenthood	1-800/230-7526
Smoking Cessation	1-877/448-7848
Trevor Project LGBTQ	1-866/488-7386
USDA Meats & Poultry	1-800/535-4555

## 24 HOUR RESOURCES

MA Substance Abuse Helpline	1-800/327-5050
Advocates (24 hour resource) Mental Health Crisis Hotline	1-800/640-5432
Child-At-Risk (evenings, weekends, holidays)	1-800/792-5200
National Suicide Prevention Lifeline & Veterans Crisis	1-800/784-2433 or 1-800/273-8255
Parental Stress	1-800/632-8188
Poison Control	1-800/222-1222 or 1-617/232-2120
Rape Crisis Center	1-800/922-8772 or 1-617/492-7273
Runaway	1-800/621-4000 or 1-800/786-2929
Sexual Assault Domestic Violence	1-800/593-1125 or 1-508/626-8686
Youth in Crisis Samaritans	1-800/252-8336 or 1-617/773-4878
Youth Peer Hotline	1-877/968-8454

**TOWN OF BEDFORD**  
**BEDFORD, MASSACHUSETTS 01730**

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**YOUTH AND FAMILY SERVICES**

*Youth & Family Services Staff:*  
*Sue Baldauf, Director*  
*Fran Stander, Administrative Assistant*  
*Jessica Wildfong, Prevention Services*  
*Gina Rada & Bill Linnehan, Veterans Agents*  
*Carla Olson, Healthy Bedford Coordinator*

Town Center  
12 Mudge Way  
Bedford, MA 01730-2171  
Phone: 781-275-7727  
Fax: 781-275-7767

Summer 2016

Dear Bedford Residents,

Welcome to our tenth Community Social Services Reference Guide! Bedford Youth & Family Services has revised and updated these local resources to help you with basic information and general questions about local resources. This electronic version is available on our web page accessed via the Town of Bedford website – [www.befordma.gov/youth](http://www.befordma.gov/youth) We are experimenting with a new format that we hope will be easier to use and reproduce.

A Town Department since 1987, Bedford Youth and Family Services envisions its role as a force in fostering a healthy community and improving the quality of life for all our residents. Our mission is to identify and address the social, emotional, and developmental needs of children, youth, adults, and families in Bedford through programs and services that support and nurture. Citizen oversight to our work is provided by the Selectmen and the nine member Youth and Family Services Committee.

While many of these references appear in the phone book or may be available online, we have included here the not-for-profit ones we refer to most frequently. We may have omitted a reference crucial to you or erred in some other way. Please notify us by giving us a call at 781/275-7727.

Please feel free to call on us if we can be of any assistance to you or your family. Better yet, drop by our offices in Town Center, the yellow building directly behind Town Hall. We are here to be a resource and provide support.

Sincerely,

Sue Baldauf  
Director

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\*Town of Bedford Departments and/or committees listed first in category in bold print, private listings follow alphabetically

## **Alcohol and Drug Abuse Services**

### **Bedford Youth and Family Services**

Town Center  
12 Mudge Way  
Bedford, MA 01730  
781/275-7727

Counseling for children, adolescents, adults and families, adult and youth information and referral, community education, substance abuse education, screening, and diversion

A.A.  
(Alcoholics Anonymous)  
12 Channel St., Suite 604  
Marine Industrial Park  
Boston, MA 02210  
1-617/426-9444

Central Service Center  
[www.aaboston.org](http://www.aaboston.org)

Al-Anon/Alateen  
1-800/356-9996

Contact for Meeting Information  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

MA Substance Abuse  
Information  
1-800/327-5050

Education and Referral Helpline  
Referrals to detox, halfway houses, counseling  
24 hrs/7 days wk

Substance Abuse Hotline  
(and Mental Health)  
1-800/662-4357

Information and referrals

Veterans Administration  
Hospital Center for  
Addiction Treatment  
781/687-2354

Substance Abuse and Day Treatment

## **Town of Bedford Departments**

**Assessors**  
781/275-0046  
Fax: 781/275-0809

Betterments, Certification of Ownership/Abutters, Motor Vehicle Tax Abatements, Property Tax Abatements, Property Tax Assessments, Property Tax Deferrals, Property Tax Exemptions, Property Tax Maps; Chairman Bruce Murphy, Clerk John Linz, Member Ron Cordes

**Bedford Local Transit**  
781/275-2255

Rides – Information and Reservation (not associated with MBTA)  
Coordinator - Dottie Piantedosi      See Page 7

**Code Enforcement**  
781/275-7446  
Fax: 781/275-1334

Building (which includes new construction, additions, renovations, windows, siding, roofs, pools, wood burning stoves, sheds and fences), Electrical, Plumbing and Gas Permits, enforcement of Massachusetts Architectural Access Board Regulations (521 CMR), flood plains and plot plans. Sign and yard sale permits, annual state inspections, zoning regulations and Zoning Board of Appeals. Liaison to Historic District Commission and Historic Preservation Commission. Weights and measures services provided by MA Division of Standards.

**Collector**  
781/275-1517

Motor vehicle excise tax payment, parking ticket payment, real estate payment, water and sewer bill payment, personal property payment

**Conservation Commission**  
781/275-6211

Conservation Areas and trail maps; wetlands filing information and requirements under the Massachusetts Wetlands Protection Act and The Town of Bedford Wetlands Protection Bylaw; Town GIS wetland maps

**Council on Aging**  
781/275-6825

In-home service case management, information and referral; caregiver counseling and services; education and counseling on health, legal and financial issues of aging; fitness and arts classes; transportation to medical appointments; health services and screenings; trips and social events

**Finance Department**  
781/275-2218  
781/687-6163/6165  
Fax: 781/275-9356

Financial/budgetary planning; accounts payable; payroll; insurance; information systems; cash management; debt management

**Fire Emergency  
Fire Department**  
781-275-7262  
781/275-5266

**911                      Fire/Ambulance 911**  
  
Non-Emergency  
Fire Prevention

**Health Department**

781/275-6507

Fax: 781/687-6157

[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

Burial permits; communicable disease surveillance, investigation and reporting; food establishment inspections; temporary food event registrations; household hazardous waste collections; prescription drug and medical sharps kiosks (located at the Police and Fire Departments); community nursing program – health counseling and home visits (See Page 7); clinics – blood pressure screenings and pneumococcal and influenza vaccines; housing code inspections; lead paint issues at residences; tick and mosquito bite prevention; barn inspections; keeping of animal permits; rabies investigations and response; septic system approvals and decommissioning; tobacco – retail permitting and inspections; private well installation permits; public and semi-public pool permitting and inspections; bathing beach monitoring and inspections; camp inspections; and nuisance complaints

**Library**

781/275-9440

Fax: 781/275-3590

[www.bedfordlibrary.net](http://www.bedfordlibrary.net)[Bedford@minlib.net](mailto:Bedford@minlib.net)

Reference, information and Readers Advisory service. Homebound delivery, internet, database, catalog and word processing computers. Photocopier, fax, microfilm/fiche reader & printer, and a print magnifier. Both flatbed and duplex document feeder scanners. Circulating collection of print books, including hardcovers, paperbacks, graphic novels, and large print, plus eBooks. Interlibrary loans available from the Minuteman Library Network, Commonwealth Catalog and nationwide. Local history and local authors collections housed in the Bedford Collection Room. Popular magazines in print and digital format. Audiobooks in multiple formats including eAudiobooks, CDs, and Playaways. Films on DVD and Blu-ray as well as streaming. Music on CD as well as downloadable and streaming. Puppets, puzzles, and circulating tablets for children (Launchpads). Chinese and Spanish collections for adults and children. Circulating equipment including tablets, HotSpots and a Roku. Laptops for in-house use. Programming for all ages including Summer Reading, weekly programming for teens during the school year, storytimes, weekly films, book clubs, cooking programs, and craft programs. Discounted museum passes. Rotating art displays in the main galley and on the community art wall. The Bedford Flag and exhibit space dedicated to the Flag. Meeting room, conference room and study spaces. Hours Monday – Thursday 9-9, Friday 9-6, Sundays 1-5 from September to the first weekend in May.

**Planning Department**  
781/275-1548  
Fax: 781/271-0537

The Planning Board is responsible for administering the Subdivision Control Law, reviewing site plans for commercial development, conducting a special permit process for mixed use and certain business projects, drafting zoning bylaw revisions, undertaking planning studies, preparing the long-range Comprehensive Plan, developing other long and short range policies and action plans, approving special permits for residential cluster developments and planned residential developments, and holding public hearings for designated scenic roads if trees and/or stone walls are to be removed or changed. The five Planning Board members are elected at-large on a non-partisan basis for three-year staggered terms.

**Police Emergency  
Police Department**  
781/275-1212  
Fax: 781/275-8336

**911**  
Chief Robert Bongiorno x129 [rborgiorno@Police.BedfordMA.gov](mailto:rborgiorno@Police.BedfordMA.gov)  
Detective Bureau: Scott Jones x128; Crime Prevention Officer: Jim Graham x121; Juvenile Officers/SRO: Jeff Wardwell x125/SRO: Steve Waite; Animal Control Officer: Michael Leskouski x120

Community Outreach Officer: Kristin Dineen x175; Safety Officer: Paul Saunders x174; Child Passenger Seat Installation: x151

**Public Works**  
781/275-7605  
Fax: 781/275-9010

Streets, bridges, and sidewalks, snow and ice removal, road signs, street lights, traffic signals, storm drainage systems, water supply and sewerage disposal, water and sewer service billing, cemetery lot sales and interments, athletic fields, parks and grounds, public shade trees, refuse and recycling collection, yard waste, town maps, Geographical Information System (GIS) , utility plans, street opening permits, water and sewer connection permits, and fleet management

**781/275-1212**

**After Hours EMERGENCY**

1-800/442-9006

Republic Services – Collection of white goods such as refrigerators, air conditioners, washers, dryer and electronics such as televisions, computer monitors, and VCR's

1-978/262-9010

Siemens Industry to report a burned out street light



**Recreation Department**

781/275-1392

Fax: 781/687-6156

781-275-5427

781/953-3014

781/275-0272 (seasonal)

781/275-1015 (seasonal)

**Schools**

781/275-7588

781/275-7708

781/275-1700

781/275-3201

781/275-7606

781/275-6804

**Town Center Building  
and Old Town Hall**

781/275-4880

**Town Clerk**

781/275-0083

**Town Manager**

781/275-1111

Fax: 781/275-6310

Amy Hamilton, Director ~ [amy@bedfordma.gov](mailto:amy@bedfordma.gov) ~[www.bedfordrecreation.org](http://www.bedfordrecreation.org) – Adult and youth activities, including sports, fitness, art, science, dance, theater, music, swim camps, trips, special events, youth center and school age child care programs.

Kids Club School Age Child Care – link from our home page

[www.bedfordrecreation.org](http://www.bedfordrecreation.org)

The Corner

Springs Brook Park

Summer Adventures

[www.bedford.k12.ma.us](http://www.bedford.k12.ma.us)

Superintendent – Jon Sills

Business Office/Accounts Payable/Payroll, Director of Finance - David Coelho – Fax: 781/275-1332

Bedford High School (Grades 9-12), Principal – Heather Galante

John Glenn Middle School (Grades 6-8), Principal – Kevin Tracey

Job Lane Elementary (Grades 3-5), Principal – Rob Ackerman

Davis Elementary (Grades K-2), Principal – Beth Benoit

Rental space for non-profit groups and individuals, not-for-profit basis at Town Center. Limited business and event rentals (including weddings/receptions, showers, birthday parties, etc.) at Old Town Hall. Budd Rail Diesel Car #6211 on display at Bedford Depot Park and available for rental of small parties and meetings. Contact Fay Russo - [frusso@bedfordma.gov](mailto:frusso@bedfordma.gov)

Business certificates, census, dog licenses, elections/voter registration, genealogy, general bylaws, zoning and sign bylaw sales, marriage licenses, proof of residency, fish and game licenses, Town Meeting information, vital records (births, deaths, marriages), voter I.D. cards, general information on the Town of Bedford

Affirmative Action, affordable housing, alcoholic beverage licenses, annual reports, operating and capital budgeting, procurement supervision, common victualler licenses, fair housing, Hanscom Field concerns, labor negotiations, personnel, training, petitioner's articles for Town Meeting, Selectmen, supervision of Selectmen departments and their personnel, appointment to citizen's committees, taxi licenses, Town Counsel, Town Hall meeting room reservations, Bedford Byline, Town Meeting warrants, general citizen assistance, Community Preservation Committee and related CPC projects

**Veterans Services**

781/275-1328

781/698-4848 Lexington

Fax: 781/275-7767

Gina Rada &amp; Bill Linnehan, Veterans Agents

Veterans' Agent available in Lexington in the Human Services Department Monday through Friday from 8:30 to 4:30 p.m. and in Bedford Tuesdays and Thursdays from 8:30 to 4:30 p.m.

Messages can be left at any time.

**Youth and Family Services**

781/275-7727

Fax: 781/275-7767

[www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Sue Baldauf, Director

Counseling for children, adolescents, adults and families; adult and youth information and referral; prevention services, tobacco, alcohol, drug education and diversion; middle school after school programming; community education, peer mentoring and support, job match program, fuel assistance, Veteran's services

**Patriotic Holiday Committee**

Paul Purchia, Chair – [Ppurchia@aol.com](mailto:Ppurchia@aol.com) or 17 Reed Lane, Bedford, MA Volunteer committee responsible for organizing town ceremonies honoring our veterans on Veterans Day, Memorial Day and at special events.

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**Chamber of Commerce**

781/275-8503

Fax: 781/275-8501

12 Mudge Way, Bedford

[www.bedfordchamber.org](http://www.bedfordchamber.org)[bcoc@bedfordchamber.org](mailto:bcoc@bedfordchamber.org)

Maureen McAuliffe Sullivan, Executive Director

Provide free information re: knowledge of town and businesses, represents Bedford businesses on several boards, raises funds for Scholarship, Flavors of Bedford, Cambridge Savings Bank Senior Prom Stroll, Suzanne & Co. Holiday House Tour & Goddard School Trunk or Treat

Office hours: Monday, Wednesday & Thursday 9:00 to 2:00 p.m.

**Bedford Community Table Food Pantry**

12 Mudge Way, Bedford

781/275-7355

Collects foodstuffs and distributes to residents with proof of need, volunteers prepare a Thursday night dinner

**Bedford Housing Authority**

1 Ashby Place, Bedford

781/275-2428

Brenda Peacock, Director

Administers state public housing program for both families and elderly applicants.

**Town Government Web Page**[www.bedfordma.gov](http://www.bedfordma.gov)

Contains: Selectmen Agendas, town committee meetings schedules, town events calendar, general information, organization chart, employment opportunities, annual report, links to all Town of Bedford departments and other towns

## **Elder Services**

<b>Bedford Council on Aging (COA)</b> 781/275-6825	See Page 2 for full description under heading “Town of Bedford Departments”. 12 Mudge Way, Bedford, MA Bedford residents 60+ and their families
<b>Bedford Local Transit (BLT)</b> 781/275-2255	Intown Services, Burlington Market Basket and Billerica Mall regular service. 8 a.m. to 9 a.m. dispatch hours only; Monday – Friday Medical appointment rides scheduled three days in advance Bus service 9 a.m. to 3 p.m. No Saturday service – Fare is \$1.00 each way in-town and \$2.00 each way out of Town <a href="http://www.bedfordma.gov/council-on-aging/pages/bedford-local-transit">http://www.bedfordma.gov/council-on-aging/pages/bedford-local-transit</a>
<b>Public Health Nursing</b> Bedford Health Department 781/275-6507 <a href="http://www.bedfordma.gov/health">www.bedfordma.gov/health</a>	A home visit by the Bedford Public Health nurse consists of a skilled health and safety assessment and evaluation. She will consider vital signs, physical status, emotional needs, general well-being and home safety issues. The nurse encourages regular contact with the health care provider and serves in a general health advocate/advisory role. After initial assessment and evaluation, additional client contacts may be made. Referrals are provided as deemed appropriate. The nurse is limited, however, by the fact that the Town of Bedford is not an accredited home health agency and cannot perform hands on nursing services such as injections or dressing wounds. Available to all residents. No fee.
Minuteman Senior Services (and Mass Home Care) 26 Crosby Dr. Bedford, MA 01730 781/272-7177 1-888/222-6171	See Page 12 for full description under heading “In-Home and Community Based Services” In-home services and case management; in-home and congregate meals; information and referral; Alzheimer’s disease counseling; nursing home ombudsman; services for abused or at-risk elders <a href="http://www.minutemansenior.org">www.minutemansenior.org</a>
Cooperative Elder Services 9 Meriam St., Suite 28 Lexington, MA 02420 781/270-5751	Stimulating, structured day time environment for seniors from Bedford and surrounding communities. Health monitoring by R.N. Care provider services. Open Monday through Thursday 8:00 a.m. to 3:30 p.m. <a href="http://www.elderdayservices.com">www.elderdayservices.com</a>
Right at Home Boston N.W. 60 Great Rd. Bedford, MA 01730 781/205-2196 Fax: 781/275-1401	Private duty nursing care; home care services; special home situations including traumatic brain injury, cancer recovery, hypertension/stroke, Alzheimer or other dementia. Companion/homemaking, physical limitations, cognitive disabilities. <a href="http://www.rightathome.net">www.rightathome.net</a>

## **Family Support Services Child Care and Parent Support**

### **Child Care**

Family Child Care  
1-978/654-7174

Child Care Resource and Referral for families receiving a  
state subsidy for children 6 weeks to 10 years  
126 Phoenix Ave., Lowell, MA 01852

[www.commteam.org/how-we-help/family-children/family-child-care/](http://www.commteam.org/how-we-help/family-children/family-child-care/)

Commonwealth of Massachusetts    Licensed Provider lists for Bedford under “Early  
Dept. of Early Education and Care    Education & Care Programs” tab    [www.mass.gov](http://www.mass.gov)

### **Pre-Schools and School Age Child Care:**

#### **Kids’ Club**

Town Center  
12 Mudge Way  
781/275-5427  
Fax:781/275-4882

Bedford Recreation School-Age Childcare - Provides school age children  
with organized activities before and after school as well as during school  
vacations. Accepts children grades K-5. Open all year including school  
vacation weeks. Licensed by the MA Dept. of Early Childhood Education  
[www.bedfordrecreation.org](http://www.bedfordrecreation.org) – [kidsclub@bedfordma.gov](mailto:kidsclub@bedfordma.gov)

Bedford Children’s Center  
781/271-9847

402 Concord Rd.  
ages newborn – 5<sup>th</sup> grade

Bedford High Integrated Pre-School  
781/275-1700 x4110

9 Mudge Way  
ages 2.9 – 5 years

Bedford Montessori School  
781/275-3344

8 Alfred Circle  
ages 18 months – 6 years

Bright Horizons Children’s Center  
781/271-9195

30 Crosby Drive  
ages 6 weeks – 5 years

The Goddard School  
781/916-8842

52 Middlesex Turnpike  
ages 6 weeks – 6 years

Inch by Inch Child Development Centers  
781/271-0800

19 Crosby Drive #C  
ages 8 weeks – 11 years

The LEAP School  
781/275-2010

376 Concord Rd.  
ages 1 – 5 years

Open Arms Christian Pre-School  
781/271-1148

426 Davis Rd.  
ages 2.9 – 5 years

St. Paul’s Weekday Nursery School  
781/275-1383

100 Pine Hill Rd.  
ages 2.9 – 6 years

## **Family Support Services Continued Child Care and Parent Support**

### **Parent Support**

#### **Bedford Youth and Family Services**

See Page 6

781/275-7727

Fax: 781/275-7767

Bedford Family Connection  
P.O. Box 636  
Bedford, MA 01730

Has play group, child care listing, co-op group and family activities, and newsletter, focus is pre-school age, 0-5.

[www.bfctoday.com](http://www.bfctoday.com) or [www.bigtent.com/groups/bfctoday](http://www.bigtent.com/groups/bfctoday)

First Connections  
179 Great Rd., Suite 104A  
Acton, MA 01720  
1-978/429-8284

Central source for parenting information and skill training for families with children, ages birth through 3 in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Lincoln, Littleton, Maynard, Stow, and Sudbury. Call for hours.

[www.firstconnections.org](http://www.firstconnections.org)

Minuteman Early  
Intervention  
1269 Main St.,  
Concord, MA 01742  
1-978/287-7900

Work with children – birth to age 3 with developmental delays

[www.minutemanarc.org](http://www.minutemanarc.org)

Parents Helping Parents  
108 Water St.  
Watertown, MA 02472  
1-800/632-8188

Weekly support group for parents of all ages, including Virtual Groups.

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)

## Health Services

### **Bedford Board of Health**

12 Mudge Way  
Bedford, MA 01730  
781/275-6507

Town Department for all public health concerns and services outlined on Page 3; including Health Screenings, Immunization Clinics and Medical Equipment Loan Program – canes, walkers, shower seats, toilet seats. Call Council on Aging for wheel chairs – 781/275-6825 [www.bedfordma.gov/health](http://www.bedfordma.gov/health)

Joseph M. Smith  
Community Health Center  
781/693-3800

564 Main St., Waltham, MA 02454  
Help with enrolling in insurance is available to all.  
[www.jmschc.org](http://www.jmschc.org)

Lowell Community Health Center  
1-978/446-0236

Family Planning Dept. – 2<sup>nd</sup> Floor, 161 Jackson St., Lowell, MA 01852 [www.lchealth.org](http://www.lchealth.org)

Mass Health  
1-888/665-9993  
1-800/841-2900

Mass Health Enrollment Center  
To apply for or to manage health coverage  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

1-800/462-1120

Massachusetts Medicaid and CHIP (Children's Health Insurance Plan) [www.mass.gov/MassHealth](http://www.mass.gov/MassHealth)

### **Mental Health Services**

Contact **Bedford Youth and Family Services** 781/275-7727 or in an emergency either Emerson Hospital or Lahey Medical Center, see below.

Public Health-Care  
1-877/623-6765

a. Commonwealth Health Insurance Connector  
[www.mahealthconnector.org](http://www.mahealthconnector.org)

b. Commonwealth Care Member Service Center  
[www.macommonwealthcare.com](http://www.macommonwealthcare.com)

Social Security Admin.  
1-800/772-1213

[www.ssa.gov](http://www.ssa.gov)

### **Hospitals**

Emerson Hospital  
1-978/369-1400  
1-978/287-3690

133 Old Road to 9 Acre Corner (ORNAC), Concord, MA  
General Hospital  
Emergency Room

Lahey Clinic Medical Center  
781/744-5100  
781/744-8100

41 Mall Road, Burlington, MA  
General Hospital  
Emergency Room

Veterans Administration Hospital  
781/275-7500  
781/687-2580

200 Springs Rd., Bedford, MA  
  
General information and connecting all departments  
Substance Abuse and Day Treatment

## **In-Home and Community Based Services**

**Bedford Board of Health  
And Public Health  
Nursing**

Town Center, 12 Mudge Way  
Bedford, MA 01730  
781/275-6507

Blood pressure and general health counseling  
See Page 7 for full description.  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

**Council on Aging**

Town Center,  
12 Mudge Way  
Bedford, MA 01730  
781/275-6825

In-home, office or phone consultation/case management;  
transportation to medical appointments, family caregiver services  
and counseling; information and referral regarding housing, day  
care, benefits and services, both local and long distance.  
SHINE, Recreation/social programming Monday – Saturday

Minuteman Senior Services  
26 Crosby Dr.  
Bedford, MA 01730  
781/272-7177  
1-888/222-6171

Aging information center and support services, home care, caring  
conversations, care planning and management, memory disorder  
consultation, meals, elder abuse and neglect, money management,  
nursing home placement consultation, legal services, health  
benefits counseling, community education, housing options,  
support for caregivers, local and long distance referrals and  
resources.

Some services offered:

Alzheimer's In-Home Consultation \* Bill Paying \* Companion  
Congregate Meals \* Day Care \* Health Benefits Counseling  
Heavy cleaning \* Home Health Services \* Homemaker \* Laundry  
Legal Services \* Meals on Wheels \* Medical Escorts \*  
Medical transportation \* Personal Care \* Shopping  
Volunteer Visitors

Right at Home  
60 Great Rd.  
Bedford, MA 01730  
781/275-1400

Skilled home private duty nursing care for the chronically ill,  
terminally ill, permanently disabled, at home medical assistance,  
after hospitalization care, family respite, private duty hospital  
care. [www.rightathome.net/bostonnorthwest](http://www.rightathome.net/bostonnorthwest)

Some services offered:

Companionship \* Dementia care \* Home health aide  
Homemaking \* Hygiene \* Non-medical home care  
Non-senior care \* Physical assistance \* Temporary care

## **Social Services**

**Counseling**, domestic violence, donations, food, fuel, income supports,  
legal services, work supports

### **Counseling**

#### **Bedford Youth & Family Services**

Town Center  
12 Mudge Way  
Bedford, MA 01730  
781/275-7727

Counseling for individuals and families, information, referral, community education, youth development and support, prevention services  
Sue Baldauf, Director [sueb@bedfordma.gov](mailto:sueb@bedfordma.gov)

#### **Bedford Veterans Services**

Town Center  
12 Mudge Way  
Bedford, MA 01730  
781/275-1328  
781/698-4848 Lexington  
Fax: 781/275-7727

Accessing veteran's benefits and services – Gina Rada & Bill Linnehan. Veterans agent available in Lexington in the Human Services Department Monday through Friday 8:30 a.m. to 4:30 p.m. and in Bedford Tuesdays and Thursdays from 8:30 a.m. to 4:30 p.m. Messages can be left anytime.  
[veterans@bedfordma.gov](mailto:veterans@bedfordma.gov)

#### **Council on Aging (COA)**

Town Center  
12 Mudge Way  
Bedford, MA 01730  
781/275-6825

Town Department, social, health, outreach services, etc.  
Alison Cservenschi, Director – Wendy Aronson, Elder Service Coordinator

Affiliates for Adult Development  
330 South Rd.  
Bedford, MA 01730  
781/275-2122

Individual, couple, child and family therapy, family and career services.

Eliot Community Human Services  
ORNAC  
Concord, MA 01742  
1-978/369-1113

Counseling and supportive mental health services



## **Social Services**

Counseling, **domestic violence, donations**, food, fuel, income supports,  
legal services, work supports

### **Domestic Violence**

#### **Bedford Police Department 911**

DVVAP/DV Services  
Network (DVSN)  
1-888/399-6111  
[www.dvsn.org](http://www.dvsn.org)

Domestic Violence Victim Assistance Program/Domestic Violence  
Services Network, P.O. Box 1556, Concord, MA 01742  
Collaborative relationship with Bedford and other area Police  
Departments

REACH  
1-800/899-4000 Hot Line  
781/891-0724  
[www.reachma.org](http://www.reachma.org)

**Refuge, Education, Advocacy, Change**  
Domestic Violence Women's Shelter – 90 day emergency shelter  
Advocacy Line  
Donations to: P.O. Box 540024, Waltham, MA 02454

### **Donations**

#### **Bedford Donation Box locations**

American Red Cross  
[www.americanredcross.org](http://www.americanredcross.org)

Bedford Motel - 30 North Rd. – Bagged clothing only  
Go to website for tax receipts. Supports local Red Cross Chapter  
disaster relief efforts

Big Hearted Books  
[info@bigheartedbooks.com](mailto:info@bigheartedbooks.com)

New England Nurseries Book Bin – 216 Concord Rd.

Cradles to Crayons  
155 N. Beacon St.  
Brighton, MA  
617/779-4700  
[www.cradlestocrayons.org/boston](http://www.cradlestocrayons.org/boston)

Accepting new and like-new clothing, footwear, books &  
baby items. Bedford donations collected at Higgins Group at 49  
Rear Great Road, Bedford. Questions? Diane 781-640-6580

Kiducation  
[www.kiducation.org](http://www.kiducation.org)

Whole Foods sidewalk – 170 Great Rd.  
Bagged clothing

Planet Aid  
[www.planetaid.org](http://www.planetaid.org)

New England Nurseries - 216 Concord Rd. & Great Road Gulf -  
349 Great Rd. For tax receipts: 1-888/893-0648  
Clothing and shoes only.

St. Vincent de Paul  
[www.svdpboston.com](http://www.svdpboston.com)

St. Michael's Church parking lot rear – 90 Concord Rd.  
Bagged clothing only. For residential furniture pickup or tax  
receipts: 1-800/675-2882

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## **Social Services**

Counseling, domestic violence, **donations**, food, fuel, income supports,  
legal services, work supports

Household Goods Inc.  
530 Main St. (Rte. 27)  
Acton, MA 01720  
1-978/635-1710

Provide household goods to the needy at no charge.  
To donate, drop-off hours 9 a.m. – noon Tues., Thurs., Sat.  
Pick up service available for large items for \$35 fee. Goods are  
distributed by referral and appointment only.  
[www.hgrm.org](http://www.hgrm.org)

Mission of Deeds  
6 Chapin Ave.  
Reading, MA 01867  
781/944-9797

Furniture bank and household goods. Covers Middlesex and  
Essex counties. Open Mon. – Fri. 9 a.m. – 12 p.m. & 1 p.m. – 4  
p.m. Open every second Sat. of the month from 9 a.m. – 12 p.m.  
[www.missionofdeeds.org](http://www.missionofdeeds.org)

Wish Project  
1 Foundry Industrial Park  
Lowell, MA 018521  
1-978-441-9474

Furniture bank, household goods & clothing. Donation hours:  
Tues., Weds., Fri., Sat. 9 a.m. – 2 p.m.  
[www.thewishproject.org](http://www.thewishproject.org)

## **Thrift Stores**

St. Vincent de Paul  
Thrift Store  
701 Merrimack St.  
Lowell, MA  
1-978/453-7750

Clothing, homegoods, furniture. Open Mon. – Sat. 9 a.m. – 5 p.m.  
See website. [www.svdpboston.com](http://www.svdpboston.com)

Salvation Army  
Thrift Shop  
625 Main St.  
Wilmington, MA  
1-978/988-9488

“Helping People, Helping Animals, Helping Our Planet!”  
Clothing, furniture, food pantry, utility assistance, contact for more  
information.  
[www.massachusetts.salvationarmy.org/](http://www.massachusetts.salvationarmy.org/)

Sister Thrift  
374B Cambridge St.  
Burlington, MA  
781/221-2216

Clothing & smaller household items. Benefits Metrowest  
Humane Society. See website.  
[www.sisterthrift.com](http://www.sisterthrift.com)

Wearovers  
119 Great Rd.  
Bedford, MA  
781/275-2705

Ladies consignment with name brand & designer clothing.  
Store Hours: Weds. 10 a.m. – 2 p.m. (2 p.m. – 4 p.m. by chance)  
Thurs. 12 p.m. – 7 p.m. Fri./Sat. 10 a.m. – 4 p.m.  
[www.wearovers.com](http://www.wearovers.com)

## **Social Services**

Counseling, domestic violence, donations, **food, fuel, income supports**,  
legal services, work supports

### **Food**

**Bedford Board of Health**  
781/275-6507

Commercial Food Safety  
[www.bedfordma.gov/health](http://www.bedfordma.gov/health)

Community Table/Food  
Pantry  
781/275-7355

Collects foodstuffs and distributes to individuals with proof of need. Serves Thursday night dinner at Town Center (yellow building), 12 Mudge Way between 5 and 6 p.m.

Food Stamps  
1-800/645-8333

Department of Transitional Assistance  
Food Source Hotline

WIC Program  
1-800/WIC-1007  
(942)  
1-978/454-6397

Women, Infants and Children Program provides nutrition education and food for pregnant women and children up to age five  
Lowell WIC Program, 45 Kirk St., 1<sup>st</sup> Floor, Lowell, MA 01852  
[www.wicprograms.org](http://www.wicprograms.org)

### **Fuel**

Fuel Assistance

Age 60+ contact: **Council on Aging** (see listing Page 2)  
Under 60 contact: **Bedford Youth and Family Services** (see listing Page 6) 781/275-7727 Available November through March

### **Income Supports**

Community Teamwork  
1-978/459-0551  
1-978/459-6161  
  
1-877/451-1082

155 Merrimack St., Third Floor, Lowell, MA 01854  
Main # (section 8 housing)  
Fuel Assistance – Energy Resources, 45 Kirk St., Second Floor, Lowell, MA 01852  
Fuel Assistance toll-free  
[www.commteam.org](http://www.commteam.org)

Dept. of Transitional  
Assistance  
1-800/445-6604 or  
1-978/446-2400

131 Davidson St., Lowell, MA 01852  
Snap, Transitional Aid for Families with Dependent Children,  
Emergency Assistance for Elderly, Disabled & Children,  
Employment Services  
[www.mass.gov/eohhs/gov/departments/dta](http://www.mass.gov/eohhs/gov/departments/dta)

See **Food** and **Fuel Assistance** above

## Social Services

Counseling, domestic violence, donations, food, fuel, income supports,  
**legal services, work supports**

### Legal Services

Greater Boston Legal Services Main Office 1-617/371-1234  
Cambridge and Somerville 1-617/603-2700  
197 Friend St., Boston, MA 02114 (Over age 60)  
[www.gbls.org](http://www.gbls.org)  
60 Gore St., Ste. 203, Cambridge, MA 02141

Metrowest Legal Services 1-508/620-1830 or 1-800/696-1501  
63 Fountain St., Ste. 304, Framingham, MA 01702 (Under age 60)  
Hours M-F 9-5, handicapped accessible, free parking  
[www.mwlegal.org](http://www.mwlegal.org) Fax: 1-508/620-2323

### Work Supports

The Career Place, Trade Ctr. 100 Trade Center, G100 Woburn, MA 01801  
781/932-5500 or 1-888/273-WORK  
One stop career center. Hours Mon., Weds., Thurs., Fri., 8:30 a.m. - 5 p.m. Tues. 8:30 a.m. – 6:30 p.m.  
[www.careerplacejobs.com](http://www.careerplacejobs.com)

Dress for Success Boston c/o The Family Justice Ctr. 989 Commonwealth Ave. Boston, MA 02215  
1-617/779-2177  
Promoting the economic independence of disadvantaged **women** by providing professional attire, a network of support and the career development tools to help women thrive in work and life.  
[www.dressforsuccess.org](http://www.dressforsuccess.org)  
Email: [boston@dressforsuccess.org](mailto:boston@dressforsuccess.org)

MA Rehabilitation Commission 1-800/245-6543 (Voice/TDD) or 617/204-3600  
The Mass. Rehabilitation Commission Administrative Offices  
600 Washington St. 2<sup>nd</sup> Flr., Boston 02111  
[www.mass.gov/eohhs/gov/departments/mrc](http://www.mass.gov/eohhs/gov/departments/mrc)

Solutions at Work 1-617/492-0300  
1151 Mass. Ave., Cambridge, MA 02138  
Helps people transition out of homelessness. Mailing use: P.O. Box 391349. By appointment only. [www.solutionsatwork.org](http://www.solutionsatwork.org)

SuitAbility Program Community Teamwork 101 Paige St., Lowell, MA 01852  
1-978/934-8898  
Created to enhance the marketability of economically challenged **women** by providing appropriate clothing, at no cost, to those who are actively seeking employment. Periodically offers workshops and mentoring related to employment issues.  
[suitkh@aol.com](mailto:suitkh@aol.com) or [www.suitabilityma.org](http://www.suitabilityma.org)

## Transportation

**Bedford Local Transit**  
781/275-2255

Handicapped accessible, runs Monday – Friday 9 a.m. – 3 p.m.  
See Page 7

**Wheels of Life**  
781/275-6825

Call Bedford Council on Aging  
Free taxi rides for elders to medical appointments  
funded by a gift for seniors from Carleton Willard Village M-F  
8 a.m.- 3:30 p.m. Limited number of rides on annual basis

**MBTA**  
1-617/222-3200

Massachusetts Bay Transit Authority  
[www.mbta.com](http://www.mbta.com)

**The Ride**  
1-877/765-7433

Wheelchair accessible rides for those with disabilities lasting  
more than six months  
[www.mbta.com/riding the t/accessible services](http://www.mbta.com/riding_the_t/accessible_services)

## Youth Programs

<b>Bedford Recreation Dept.</b> 781/275-1392	A Town of Bedford Department; Amy Hamilton, Director Offering recreational opportunities for all ages. See Page 5
<b>Kids' Club</b> 781/275-5427	School Age Child Care Operates within the Recreation Department. See Page 9
<b>Bedford Public Library</b> 781/275-9440	Story hours and craft programs See Page 3
<b>Bedford Youth and Family Services</b> 781/275-7727	Youth activities at Middle School and other Town locations See Page 6
Bedford Family Connection	Group of parents formed play group and child care co-op See Page 10 <a href="http://www.bfctoday.com">www.bfctoday.com</a>
Bedford Babe Ruth Baseball and Softball 781/275-9222	Operates youth baseball and softball, along with summer leagues P.O. Box 136, 1 Depot Sq. Bedford <a href="http://www.bedfordbaseballsoftball.com">www.bedfordbaseballsoftball.com</a>
Boy Scouts of America 1-617/615-0004	Boston Minuteman Council <a href="http://www.bsaboston.org">www.bsaboston.org</a>
First Connections 1-978/429-8284	Parenting information and skill training See Page 10 <a href="http://www.firstconnections.org">www.firstconnections.org</a>
Lexington-Bedford-Hanscom Popwarner	Youth football program <a href="http://www.lbhpopwarner.com">www.lbhpopwarner.com</a>
Lexington-Bedford Youth Hockey	Hockey programs, home rink is Hayden in Lexington, MA Lexington Recreation Dept. <a href="http://www.lbyh.net">www.lbyh.net</a>
Middlesex 4-H Youth Development 781/891-0650 x29	240 Beaver St., Waltham, MA 02452 <a href="http://www.mass4h.org">www.mass4h.org</a>
Girl Scouts of Eastern Massachusetts 781/893-6113	265 Beaver St., Waltham, MA 02452 <a href="http://www.gsema.org">www.gsema.org</a>
The Edge Sports Center 781/275-9700	191 Hartwell Rd., Bedford <a href="http://www.theedgesportscenter.com">www.theedgesportscenter.com</a>



# Mass.gov

**Become familiar with resources important to you on:**

Residents	Employment	Business	Education	Housing
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**A sampling of the topics included under these tabs:**

<ul style="list-style-type: none"> <li>- Dept. of Children &amp; Families (DCF)</li> <li>-Dept. of Revenue (DOR)</li> <li>- Court System</li> <li>-Dept. of Transitional Assistance (DTA)</li> <li>- Elders</li> <li>-Caregiver Support</li> <li>- Accessibility</li> <li>-Mass Access Housing</li> <li>-Veterans</li> <li>-Traumatic Brain Injury (TBI)</li> </ul>	<ul style="list-style-type: none"> <li>- Finding a job</li> <li>- Unemployment</li> <li>- Professional Licensing</li> <li>-Career Development</li> <li>-Workplace Support</li> <li>-Civil Service Exam Schedule</li> <li>-Section 30 Training Opportunities Program</li> </ul>	<ul style="list-style-type: none"> <li>-MassTax Connect</li> <li>-JobQuest for Employees</li> <li>-Search for a Corporation or Business Entity</li> <li>-Unemployment Insurance (UI)</li> <li>-Corporate Records</li> <li>-Operational Services Division (OSD)</li> <li>-VendorWeb</li> <li>-Small Business Guides</li> </ul>	<ul style="list-style-type: none"> <li>-Early Education &amp; Care (EEC)</li> <li>-Elementary &amp; Secondary Education (ESE)</li> <li>-Higher Education (DHE)</li> <li>-University of Mass. (UMass)</li> <li>-Executive Office of Education (EOE)</li> <li>-Educator Licensure &amp; Renewal</li> <li>-Early Education &amp; Afterschool Programs</li> <li>-Early Education &amp; Care</li> </ul>	<ul style="list-style-type: none"> <li>-Dept. of Housing &amp; Community Development (DHCD)</li> <li>-Local Housing Authorities</li> <li>-Housing &amp; Rental Assistance</li> <li>-Tenant &amp; Landlord Rights &amp; Responsibilities</li> <li>-First-Time Home Buyers Resources</li> </ul>
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## Emergency and Crisis Numbers

### **Bedford Only**

#### **FIRE \* AMBULANCE \* POLICE Emergency – 911**

Fire Non-Emergency/Business Only – 781/275-7262

Police Non-Emergency/Business Only – 781/275-1212

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### **Domestic Violence Services**

SAFELINK 1-877/785-2020 – 24 Hour Resource – 1-617/521-0100 Main Office – Casa Myrna Vasquez [www.casamyrna.org](http://www.casamyrna.org)

Domestic Violence Services Network, Inc. (DVSNI) 1-978/318-3421 office line Concord, MA [www.dvnap.org](http://www.dvnap.org)

DVNAV Warmline 1-888/399-6111 or 781/275-6111

Elder Abuse Services 781/272-7177 Minuteman Senior Services

GLBTQ Domestic Violence Project 1-800/832-1901 – 24 HOUR HOTLINE [www.glbtqdv.org](http://www.glbtqdv.org)

Mass. Coalition of Sexual Assault and Domestic Violence 1-617/248-0922 Jane Doe Safety Fund

National Domestic Violence Hotline 1-800/799-SAFE (7233)

REACH 1-800/899-4000 24 HOUR HOTLINE - 781/891-0724 [www.reachma.org](http://www.reachma.org)

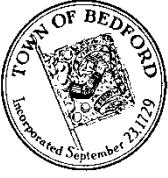
Massachusetts Office for Victim Assistance 1-617/586-1340 [mov@state.ma.us](mailto:mov@state.ma.us)  
One Ashburton Place, Room 1101, Boston, MA 02108

### **Legal Services**

Elder Legal Services and Greater Boston Legal Services 1-617/371-1234 [www.gbls.org](http://www.gbls.org)

Metrowest Legal Services 1-800/696-1501 or 1-508/620-1830  
63 Fountain St., Suite 304 formerly South Middlesex Legal Services  
Framingham, MA 01702 [www.mwlegal.org](http://www.mwlegal.org)





Bedford Youth and  
Family Services  
Town Center  
12 Mudge Way  
Bedford, MA 01730

PRESORTED  
STANDARD  
US POSTAGE PAID  
BEDFORD, MA  
PERMIT NO. 42

Residential  
Postal Customer  
Bedford, MA 01730